



# **Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days**

*Rainie Howard*

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The obsession of a toxic or abusive relationship can have the same enticement as drugs or alcohol. The pattern echoes time and time again: a new significant other draws you into a new relationship that starts off loving and alluring only to develop into a hurtful or abusive cycle. People who have a healthy understanding of “true love” do not tolerate this kind of pain. He or she will move on in search of a healthier bond. It’s an unhealthy view on love that will rationalize the toxic behavior and cling to abusive relationships long after they should have ended. Like any other addiction those hooked on a toxic love and an emotionally abusive relationship; have no control over excessive urges to text, call, manipulate or beg for love, attention and affection. They want help. They want to end the pain and recover, but it’s just like trying to shake a drug habit.

Ranked one of the top bestseller abusive relationship books, Addicted to Pain reveals the truths every woman needs to heal from a toxic relationship and return to a life rich with purpose and fulfillment. Relationship expert Rainie Howard writes this all-in-one spiritual guide to provide daily insight on toxic love addiction and a healing plan to help you recover from the overwhelming effects of an abusive relationship.

Learn how to get over a guy and heal from all abuse including:

- The verbally abusive relationship
- Emotionally abusive relationship
- Spiritual and physical abusive relationship

Rainie has authored several books on relationships and is sought after as a conference speaker. If you’ve been seeking books for women and break up books to help you gain restoration from a separation, abusive relationship or divorce this is the book for you!

## Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days Details

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**Tamerla Lawrence says**

**This book was very enlightening for my life I will use the thing I have read and learn from them thank you child of God**

It was a pleasure to be able to hear a woman and other women talk about their experiences you never know what you can learn if you free your mind body and spirit up to God

**latricia y. roberts says**

**Wow, a Must Read**

On a road trip a special person that asked me to read this while she drove and I am thankful for the opportunity. This book was full of reminders but also shed light on new thoughts as well as actions. If you have recently experienced hurt or think you are stuck in a relationship buy it today. It is important to remember to put God first in all things and confirmed that it does matter your method of prayer as long as its heart felt and a part of your daily walk. One thing I loved about this particular book is it wasn't just a life coach or motivational speaker sharing only her experience but backing it with scripture. There were moments in the book, that made me think of past thoughts and behaviors regarding past failed relationships. Most of what was read can be applied to every facet of life. You are never your circumstances if you walk towards your goal or goals. The only time your life remains unchanged is if you take no action to make it better. I definitely agree that you have to seek out your purpose or the vision God has for you.

**Maryam says**

This was really beneficial for many women out there to read even if not just out of a relationship but attract and are drawn to bad things/individuals describes way to overcome and circumvent that repeated cycle. God first, that was the most refreshing thing as a believer (writer is Christian different faith but all the same) to read a book in the "self development/self-help" genre to read about God was very comforting.

## **From Reader Review Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days for online ebook**

**From reader reviews:**

**Johanna Garrett:**

The ability that you get from Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days may be the more deep you rooting the information that hide inside the words the more you get thinking about reading it. It does not mean that this book is hard to be aware of but Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days giving you thrill feeling of reading. The author conveys their point in specific way that can be understood by means of anyone who read this because the author of this reserve is well-known enough. That book also makes your current vocabulary increase well. It is therefore easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having this specific Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days instantly.

**Marjorie Cook:**

This Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days is great guide for you because the content and that is full of information for you who all always deal with world and also have to make decision every minute. This kind of book reveal it information accurately using great plan word or we can declare no rambling sentences within it. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but tricky core information with wonderful delivering sentences. Having Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days in your hand like getting the world in your arm, information in it is not ridiculous just one. We can say that no reserve that offer you world with ten or fifteen second right but this reserve already do that. So , this is certainly good reading book. Hi Mr. and Mrs. stressful do you still doubt in which?

**Erin Harmon:**

The book untitled Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days contain a lot of information on the item. The writer explains the woman idea with easy approach. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read that. The book was authored by famous author. The author brings you in the new time of literary works. It is easy to read this book because you can continue reading your smart phone, or product, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site along with order it. Have a nice read.

**John Dinwiddie:**

As we know that book is very important thing to add our knowledge for everything. By a book we can know everything we really wish for. A book is a range of written, printed, illustrated or blank sheet. Every year ended up being exactly added. This book Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days was filled with regards to science. Spend your free time to add your knowledge about your research competence. Some people has diverse feel when they reading a new book. If you know how big benefit of a book, you can experience enjoy to read a book. In the modern era like at this point, many ways to get book that you wanted.

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